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## INSOMNIA INCREASES MORTALITY BY UP TO 12%

Dr. Rimawati was invited to attend the “World Sleep Day” event in Jakarta, Indonesia. As a speaker, she shared her insight on the importance of sleep function, sleep disorders, and sleep. According to her, many people in Jakarta are workaholics, who pay less attention to sleep but more attention to making money. They sleep late and get up early, having a very short sleep duration, and this unhealthy lifestyle will eventually cause damage to their health.

Insomnia has troubled many people nowadays. Two of the great Western entertainment superstars, Michael Jackson, the King of Pop, and Heath Ledger, the proficient actor, were suffering from insomnia, which led to their eventual death due to improper medication. Many factors cause insomnia, such as stress, jet lag, temperature changes, mania, restless leg syndrome, poor sleep hygiene, excessive napping and others. Sleep quality has a significant impact on human beings. When insomnia happens, it will lead to many diseases, such as stroke, asthma, low immunity, obesity, heart disease, and even bring about mental disorders, causing depression, tension, frustration, and also increase the mortality rate up to 12%. The way to combat insomnia is to develop good sleep habits, that is, to get up

and go to bed at a fixed time every day, whether it is on a work day or a rest day, so as not to disrupt the regular rhythm of our physiological clock.

Obstructive sleep apnea is a disease that occurs during sleep and is caused by the obstruction of the upper airway. Usually, the suspension of breathing occurs repeatedly several times in a night, resulting in a decrease in oxygen saturation. Studies have shown that 4% of middle-aged men and 2% of women generally suffer from the disease. A patient’s breathing halt lasts about 10 seconds to 120 seconds, hundreds of times a night, or even one hundred times an hour in severe case. The order of the symptoms of the disease according to the frequency of occurrence is snoring, drowsiness, poor sleep, psychological changes (such as depression), behavioural changes (such as irritation), headache, frequent urination and others, and the risks include: obesity (BMI more than 30), proliferative gland hypertrophy, maxillofacial deformation and so on. Obstructive sleep apnea is bad for health. It can cause high blood pressure, diabetes, heart disease, stroke, cancer, and so on. According to Johns Hopkins University, 46% of severe patients will be at risk of premature death.